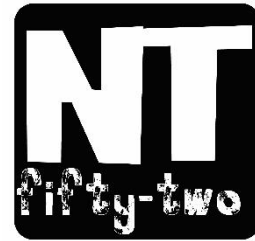


Nehemiah Teams 2019 Battling Human Trafficking



nehemiah teams

- **Shirts** – Modest, no low cut or exposing midriff when hands are raised. Sleeveless shirts that DO NOT show a bra strap are acceptable for being out in the city. Thin strapped tank tops are not appropriate. Shirts with sleeves are required for proper settings such as a school, temple or church. Thai culture respects people who are dressed nice. Slouchy, ragged or torn clothing are not appropriate. Shirts and pants should be neat and fitted. Any tattoos must be covered during teaching and ministry times.
- **Pants/skirts/shorts** – capris, workout clothes, long pants & skirts knee length or longer are appropriate for proper settings. Tights or leggings can be worn under a dress but are NOT to be worn as pants with just a shirt. (But, really, who would want to wear leggings in the summer in Thailand!?) Modest shorts can be worn at home, on days off or out in town. You should NOT wear athletic shorts out of the house but rather shorts that are longer.
- **Jeans and a t-shirt** can be work in almost all setting, even most churches. Bring one nicer set of clothes for those occasions that might need it.
- **Underwear & socks**
- **Jacket** – Light weight for plane (but you wont even want to look at it while you are here)
- **Swimsuit** – VERY modest (a one piece or tankini; no low or V-type neck)
****You will have access to a washing machine daily****
- **Shoes** – Good walking sandals, tennis shoes, nice flip flops
- **Bible +** – devotional materials/journal
- **Toiletries** – make-up, prescription meds, feminine products (you can get quality pads here but tampons are quite expensive), deodorant (you can purchase deodorant here but possibly not the kind you like) Other items like shampoo and such can be purchased here without any problem. Your curling iron and blow dryer voltage will NOT work here. If you need these you can buy them here.
- **Xerox copy** of Passport Picture Page (Pack this separately from your passport)
- **List** of Important Phone Numbers/Email Addresses/Mailing Addresses
- **Travel needs** – Passport, ATM card with international access, camera
- **ID** – bring additional id other than Passport (i.e. Driver's License/Student ID), if you obtain an International Drivers License you can rent a scooter (optional)
- **Extras** – hand sanitizer, water bottle, totebag/back pack for daily use, sunglasses, sunscreen, insect repellent, small umbrella (you will be here during rainy season) *All of these can be purchased locally and inexpensively if space is an issue.*
- **Towels & Washcloth** – Light weight, fast drying
- **Bedding:** Blanket/Pillow are comfort items (you will generally NOT need these on the field but you may have the opportunity to visit an unreached village higher in the mountains where you will sleep camping style and could be useful)

Packing/Luggage

You will be issued a duffle bag by Nehemiah Teams to use as your checked piece of luggage. The size of the bag is 4300 cubic inches or 70 liters. The cost for using the bag is included in your field expense. You will get the bag upon arrival at orientation and re-pack your belongings for the summer. There will be space to store your personal bag & any extra items you choose to leave behind during the summer. If you can't get it all in that... then you've got too much! You will be able to wash almost every day (you will be washing by hand).

Orientation/debrief items

- Bedding during orientation/debrief: self-inflating sleeping pad or foam pad, sheet, small pillow (no electricity on site for blowing up air mattresses)
- Outdoor bathing stations: All students will need dark colored shorts & shirts to wear while bathing. Flip-flops recommended.
- All students need a towel for bathing.
- Personal water bottle (recommended 1 qt capacity)
- Headlamp/flashlight
- Watch w/ alarm or battery-operated alarm clock
- Rainjacket/poncho or umbrella
- Handheld mirror
- Mosquito repellent w/ DEET
- Toilet paper (2 rolls) or disposable wipes